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**April 21, 2022**

## **Revisiting Racial Disparities in the Post-COVID-19 Pandemic**

Happy Thursday, Mount Sinai Community,

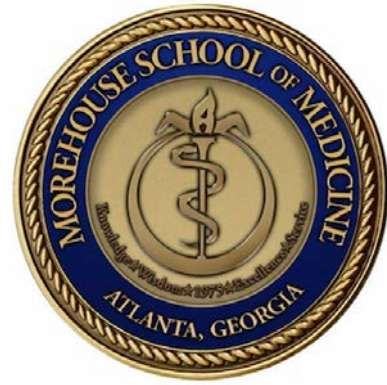
April marks National Minority Health Month, when we spotlight racial and ethnic health disparities and recommit to championing health equity. Back in January during the height of the Omicron surge, we discussed COVID-19's disproportionate impact on communities of color. This week, we are revisiting that topic with a focus on recent research that confirms and reminds us that these disparities remain long after COVID-19 infection is gone.



A new [report](#) from the [Black Coalition Against COVID](#) (BCAC), the Yale School of Medicine, and the [Morehouse School of Medicine](#) details how long COVID—chronic symptoms of fatigue, shortness of breath, insomnia, brain fog, and possibly more experienced after recovering from a COVID-19 infection—disproportionately affects Black Americans.

The research, which was covered in [The New York Times](#),

explains how Blacks faced higher rates of COVID-19 infection throughout the pandemic due to the heightened exposure of those in essential worker positions as well as other environmental and societal factors. As a result, Black people have been much more susceptible to serious illness which can lead to long COVID. Despite these instances, the report maintains that Black people are not adequately represented in ongoing long COVID studies—undermining public health by hamstringing overall learnings about long COVID as well as its specific impact on Black Americans.



While this study focuses on Blacks, we acknowledge COVID-19's disproportionate impacts on other racial and ethnic minority communities, including Asian American Pacific Islander ([AAPI](#)), [Latino](#), [Middle Eastern](#), and [Native American](#) people, who face similar disparities. It remains critical that we not just recognize COVID-19's racial disparities, but learn lessons from the unequal outcomes communities of color are still facing.

As part of the efforts to ensure that Mount Sinai becomes an anti-racist organization, we have rejected the status quo and taken steps to investigate and address related equities. During the pandemic, we created the [Institute for Health Equity Research](#), which brings together a multidisciplinary team of experts to address long-standing health disparities through scientific research, and the [Center for Post-COVID Care](#). The Road Map further supports this work through [Strategy One's](#) leveraging of data to explore unequal health outcomes, to identify their causes, and to track progress as they are addressed.

As always, we welcome you to join us at an upcoming event.

All the best,

Angela and Shawn

## Join Us for an Upcoming Event

### Chats for Change Deeper Dive Series: White Supremacy Culture

**Characteristics— Paternalism**—Join on **Tuesday, April 26, at noon** for a discussion on how in a white and male-dominant society and profession, someone always seems to know what's best and to be making decisions without hearing other perspectives or even revealing how and/or why those decisions were made. How does this approach align with institutional success? Or is there another agenda driving paternalism in our working and learning environment? [Register here.](#)

[Road Map for Action](#)

[Past Bulletins](#)

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